

FACULTY OF SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY



MOTIVATIONS OF PARASUICIDE TENDENCIES AMONG YOUNG MARRIED
FEMALES AT PARIRENYATWA PSYCHIATRIC UNIT IN HARARE

RESEARCH BY

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PSYCHOLOGY

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FACULTY OF SOCIAL SCIENCES

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DECLARATION

I **Tendai Haruperi**, declare that the information produced in this study, was written done in partial fulfilment of the **BSc (Honours) Degree in Psychology**, submitted to the **Department** of Psychology, at **Midlands State University** has never been presented, submitted or published in this nature or way. Previous works have been duly accredited and acknowledged properly.

DEDICATION

The journey of life for **twenty years** now without your parental stewardship was not easy and shall not be repeated. Your words give me hope for a better future and your spiritual guardian always reinvigorate my strength **and inspire me to keep up on the way till to the end**. This is **a legacy that shall stand forever**. May your souls rest in eternal peace **Mom and Dad**. I shall miss you forever, I love you!!!!!!

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May Almighty God bless you all!!!!!!!!!!

ABSTRACT

The study explored the motives of parasuicides tendencies among young married females who seek assistance at Parirenyatwa Psychiatric Unit. The numbers of parasuicide patients are increasing monthly in Harare and the majority are young females of the age of 16 to 22. There are very few studies done in Zimbabwe on motives behind parasuicide or self injuries as a way of attempting suicide especially in married adolescents females. The researcher reviewed literature from other scholars and very few researches address parasuicide just in general. The research adopted the exploratory research design to expose the causes of suicide attempts in young married females with a sample of 12 respondents selected using the opportunistic purposive sampling technique. The results of study indicated that financial crisis emanating from substance abuse, to get rid of painful situations, witchcraft accusations and evil spirit possession, family disunity and inter-conflicts, physical and verbal abuse by the husband and the in-laws. In conclusion the study realise that it is difficult for these young mothers to endure such perpetuating and precipitating factors so as to have positive perceived behaviour and attitude. It was recommended that the government must come up with a blue print on suicide prevention, family integration tolerance and reconciliation. The conflicting parties surrounding the victims that is the spouses, siblings, parents and the in-laws should unite, seek psycho-social advice and family psychotherapy to save the life of vulnerable young married females

ABBREVIATIONS AND ACRONYMS

A.I.D.S	Acquired Immune Deficiency Syndrome
H.I.V	Human Immune Virus
I.C.R.W	International Centre for Research on Women
M.S.U	Midlands State University
N.C.H.T.P.N	National Committee on Harmful Traditional Practices of Nigeria
N.Z.H.I.S	New Zealand Health Institutions and Statistics
P.G.H	Parirenyatwa Group of Hospital
S.T.I	Sexual Transmission and Infection
U.N.I.C.E.F	United Nations International Child and Educational Fund
W.H.O	World Health Organization

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CHAPTER ONE

INTRODUCTION

1.0 Introduction

This chapter explains the background to this research so as to give an insight of the genesis of the research problem. The research serves to explore the motives behind attempting suicide specifically young married females.. The chapter takes up the researcher's concern through the purpose of the study, its objectives, and the research question.

1.1 Background to the Study

Parasuicide is a psycho-social problem which an individual risk life by involving in self harm which might result in suicide death. This causes trauma, disputes among families and can be an expense to the family in trying to assist the victim. Munikwa et al (2012) cited the World Health Organisation (2008) report which stated globally almost one million people died of suicide in the year 2000 only. These figures of suicide attempts are escalating every year thus becoming a worldwide concern.

The research which was carried out in 14 regions of European countries has shown that parasuicide is as a result of self- intention (Hjelmeland et al 1999). The study also shows that the reasons for parasuicide differ in terms of cultural beliefs, ethnic group, gender and age. Thereby the prevalence of suicidal behavior annually increases world widely. According to US Surgeon General (2012) the Centre for Diseases Control and Prevention states that 36 909 people died in 2009 due to suicide. In addition the US government surveys in 2011 revealed that one in seven high school students are subject to suicide attempt.

In Pakistan Khan & Reza (2008) noted that young girls of the age of 15 to 24 are being admitted in Intensive Care Unit as a result of suicide attempt. The majority of the victims use organophosphate insecticides, an extreme dangerous poison which of anticholinesterase. The intensity of the parasuicide in Pakistan from National Morbidity Statistics is estimated up 36 231 cases annually of self injuries and suicide death due intentional consumption toxins substances (Khan & Reza. *ibid*). New Zealand recorded 500 cases annually of young ladies who died due intentional suicides, with an estimated

12 000 cases suicides attempts (Mosciki 2001). Suicide and self harm are the second reason for the causes of death among youth of the age 15 to 34 (N.Z.H.I.S 2004). In New Zealand parasuicides is one of the causes of stress, depression and bereavement on families and friends.

According to Obidah et al (2013) the reasons for parasuicides among young girls in marriages recorded at Tshilidzini Hospital Limpopo Province in South Africa are as result of poverty, unemployment, domestic violence, interpersonal conflicts and major depression. In some young ladies this is because of worthlessness, lack of experience and exposure knowledge in problem solving. In South Africa HIV/AIDS phobia, emotional pain and the idea of finding rest in death through self harm and suicide attempt are a major drive for increasing rate in parasuicide especially young girls (Obidiah et al ibid). Thus this represents the Afro centric beliefs which causes, suicide attempt its consequences and concern.

In Zimbabwe some societies has a belief suicide attempt or self harm can be caused by the evil spirits within families and clans. On the other hand Mutekwa (2010) noted that some societies they believe that death by suicide does not deserve normal burial procedures. According to Munikwa et al (2012) the nature and causes of parasuicides in Hurungwe include interpersonal relationship problems, sexual abuse and rape therefore more than 150 cases are being recorded in the same area every year. Masango et al (2012) supported the sociological marital disputes, changes in social and family structure or set up as causes of parasuicide in both urban and rural areas in Zimbabwe. In 2010 only 56 cases were recorded at Parirenyatwa Group of Hospital, then the number increases to 92 and 175 in 2011 and 2012 respectively (Mukamba 2013). These statistics shows a rapid increase of suicidal attempts in Harare. Therefore, this research seeks to explore such challenges and intra personal problem and conflicts which result in self injuries prolonged side effects.

1.2 Statement of the Problem

The cases of suicide attempts by young females in marriages are increasing at an alarming rate in most urban areas. Yet not every much research on female parasuicidal cases has currently been done to the researchers' knowledge.

1.3 Significance of study

This research highlights the life experiences and motives of parasuicides among young females who into marriage at a tender age. This is an opportunity to know the challenges and psycho-social forces which are encountered by young girls as they enter into new families and societies and expected to take responsibilities. This can be used by those in humanitarian assistance as it broaden their knowledge and understanding of the research findings in order to curb domestic and gender based violence as well as respect of individual decisions (UNICEF 2007). The research discovers and gives solutions to couples for good interpersonal relationships, promoting peace within families, tolerance, and reconciliation (Mhlongo & Peltzer, 2000). At the same time the following benefits may accrue to the following groups of people if this study is pursued.

The community

This study will help urban communities to be aware of the problems encountered by young teenage girls who get married at a tender age. Those who are preparing to get married also benefit as they know some of the challenges that may be encountered in marriages.

The hospital

This research assists clinical psychologist who mainly work with parasuicide cases with some in depth information and understanding of the main causes which drive married individual into attempting suicides. The hospital's mental health department can be able to distiquish, explain and understand the effects and causes of parasuicide as well as its impact on family wellbeing.

The Victim

The study assists the victim to face reality of life challenges, some coping strategies and understanding of the importance of life rather than marriage. The research helps the victim with holistic approach techniques in resolving marital problems. The victim can gain skills to evaluate the consequences and problems associated with attempting suicide and committing suicide.

The family

The family members of the victim can be able to identify the root cause of attempting suicide. The psychological and social issues which the victim suffer as well as paving way for cognitive behavior change which gives hope and brighter future for both the victims and family members.

The Government

The Government of Zimbabwe might gain comprehensive documentation of domestic violence issues which might result in suicide attempts. Government can be able to realize the risks and precipitating factors of gender based violence which might result in suicides attempts. Hence such research might assist government in crafting policies that will help in this regard.

1.4 Purpose of the Study

The research explores the life experiences which motivate young females in early marriages to attempting suicide.

1.5 Objectives

- To identify and document motivations of parasuicide by young females in marriages
- To identify key psychosocial challenges associated with parasuicidal tendencies in early marriages.
- To come up with ways through which parasuicide victims of can be helped to live a normal life
- To explore the psychological challenges encountered after attempting suicide

1.6 Research Questions

The study seeks to answer the following research questions:-

- What motivates parasuicide in young females in early marriages in Harare
- What are the psychosocial challenges associated with parasuicidal tendencies in early marriages
- What are the psychological effects of suicide attempt on young married females
- What psycho-social support do parasuicide victims need as coping strategy to problems they encounter?

1.7 Delimitation

The study looks at motives of suicidal attempt in urban area. The research was carried out among the residents of Harare. It target early married young females in of the age of 16 to 20.

1.8 Limitations

The findings were limited by the following aspects which were beyond the researcher's control;

- The respondents were not willing to give enough information about things they regard as confidential.
- The study was done at one hospital and excluded other possible locations with the same problem.
- The respondents might fear to be condemned by family members.
- Information from the respondents might be biased in order to defend their motives.

1.9 Assumptions

- There are certain motives behind any suicide attempt among young females
- The respondents will freely and truthfully respond to questions asked by the researcher
- The sample used represents young female parasuicides tendencies in greater Harare

1.10 Definition of key terms

Motivations- Farlex (2003) noted that these are psychological features that arouse an organism to act towards desired goals, the reason for the action that gives purposes. In this study these are negative psychological features which arouse suicide attempts

Parasuicide- a suicide gesture or an attempt to suicide for self harm and there is no result in death (Kreitman 2013). The researcher adopt the same definition in this study as intentional self injury or a suicide attempt

Early marriages- any marriage carried out between the age of 16 and 20 years, before the girl or boy is physically, physiologically and psychologically ready to shoulder the responsibilities of marriage and childbearing (UNICEF 2007). These are teenage girls who become mothers and expected to take up responsibilities of child and family care.

Young female- these are girls of the age between 16 and 20 (Rusmussen et al 2008). In this study these are adolescent girls who might get married due to teenage pregnancy.

1.11 Chapter Summary

The chapter starts by giving a general overview of the world position and concern on the rapid increase of parasuicide and suicide cases. The researcher went on to give the current causes of parasuicide victims of early marriages according to Zimbabwe situation. The statement of the problem was stated, generated from the background of the study. The research questions were stated to express critical areas to be explored and the assumptions which drive the research process. Operational key terms were defined accordingly with contextual meaning to the research topic.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

In this chapter the researcher is going to explore literature review on parasuicide tendencies. Nunan (1992) explain literature review as the extracts and synthesis on the researcher's main objectives and goals to be achieved through scientific findings. Parasuicide cases were common in Europe since 50 years ago. It has been estimated that 0,014% for male and 0,0193% of females of the age between 15 and 22 attempt suicide annually due to emotional distress (Madu & Matla 2004). In India suicide and suicide attempts is one of the main causes of death among young female (Ahuja 2003). The National Crime Records Beareau in India recorded more than 100 000 deaths due to suicide in the early years of the new millennium (Geldler & Cowen 2001). The overall cause of parasuicide among young females is academic failure and unplanned pregnancy (Mpiana et al 2004). In Nigeria, Egypt, Ethiopia and Uganda emotional pain, depression and AIDS phobia are the motivating factors of suicide attempts (Schlebusch 2005). The studies done by Vhembe District in Limpopo South Africa shows that mental illness, anxiety, expectation of dying in peace and have a rest are some of the motives of parasuicide in Southern Africa (Coleman et al 2004). World Health Organisation had found out that by 2020 suicide attempt cases will increase to approximately 1, 55 million annual death (Santos et al 2009). The chapter also explains the theoretical framework which direct and support the researcher to answer research questions and generated themes of the study.

2.1 The Motives of Parasuicide in Married Young Females

The psychosocial causes of parasuicide can emanate from psychotic disorders and depression (Greenwald 2000). Suicide and suicide attempts can be explained as an interaction between the biological, psychological, social and situational factors (Rio & Gaudo 2008). According to studies conducted by the JJM Davagere in 2008 females of the ages between 15 and 24 recorded the highest rates of self harm and suicides due to infidelity. These are some of the motives for violence after the husband for expending money with girlfriends and some the young were caught with boyfriends.

Studies done in Cree Communities Eastern James Bay Canada stated that nine out of ten people who commit suicide were married young females. Evidence showed that six of out the

ten victims had marital problems related to family conflicts (Barss et al 2000). In addition couple conflicts emanated from personal problems which are associated with husband abusing substance. According to Dyer & Kreitman (1999) of the eighty people hospitalised at Eastern James Bay 48 female of the ages between 15 and 20 years were spouses of substance abusers. Seventy seven percent of the victims of parasuicide recorded annually have been noted to have long issues in their marriages which were unresolved (Dyer & Kreitman *ibid*).

According to the researches by Hjelmeland & Knizek (1999) the main reasons for why young females opted for suicide attempt or self harm it's that for them it's a way to temporary escape from the unbearable life situations they went through. According to James & Hawton (1998) this signalled that an individual is in need of support so as to get the attention of the surrounding people that is friends and relatives. The motive behind is that they seek to achieve personal interest through self harm so that individual's inner grievances and problems may be resolved (Shneidman 1995)

2.1.1 Perceived Advantages

Newman (2004) noted that in South Africa suicide attempts are committed almost every hour. At Medunsa Campus in Limpopo participant noted that suicide would be an opportunity to stop suffering and do away with academic pressure. Some participants were on the notion that even if they the government can take care of their child hence no more family responsibilities (Colman 2004). Kaplan & Sadock 1998 cited in Masango et al (2008) explained that suicide attempt is a self inflicted death and have rest in order to do away with marriage problems. Cheung et al 2008 reported that 20% of the participants at Buhrain University noted that parasuicide give them relief to hopelessness and depression.

2.1.2 Social, Religious and Cultural Beliefs

In Yemen Pakistan's Northwest Frontier Province, Afghanistan and Middle East some families forces their girls to be married at a tender age without their consent Khan & Reza (2000). In respond for these unfair social practices these young girls resort to at suicide attempt or self injuries (Worth & Robert 2008). A study by Sana University in 2009 show that some hardliners in Islamic conservatives leaders support girl child marriage as a captive to teach them under the authority of men so that they groom and

implanted their church doctrines within families since mothers are the ones who take of family. Holmes & Holmes (2005) suicide and suicide attempts are as a result of lived experiences in religious custody which causes them to enter into marriage with older husband. According to Drummond (2000) parents override the marriages affairs of their children thereby creating patriarchy societies in which the girl child has no any say a cause for mental abuse and authoritative families. Parker et al 2009 explained that suicide attempt in Central African countries like Burundi and Uganda young female suffer sexual abuse, physical abuse and child murder due to civil war.

2.1.3 Expressing Anger to the Spouse

The young married females thought of self injuries and suicide attempt due to impatient and failed to endurance the consequences of marriage thus feels no one is there to assist them in resolving their in house and marriage challenges. Obida & Gavender (2013) noted that in Swiss 33% of the participants who attempt suicide were motivated by the feel of love that which was unattended, that is their husbands are not reciprocating. According to Bille (1999) 45% of young married women in Denmark expressed anger through self injuries. Platt et al (1992) noted that researches done in Slovenia show that the highest age group with suicide risk due to angerness and depression are married women of the age between 15 to 24 years. On the same note self harm is a way of trying to get special care and attention from their partners and take it as a way to manipulate, and change the attitude of their partners (Hjelmeland & Knizek 1999).

2.1.4 Interracial Marriages

According to Wilt (2011) interracial marriage is a challenge to young female due to incompatibility of cultural values and beliefs. The WHO/EURO Multicentre Study on Suicidal Behaviour reported that 30% of parasuicide cases recorded were caused by cross national conflicts and cultural differences among couple from India, Korea Britain and America. According to (Wilt ibid) high rate of young married couples who came for psychotherapy met at Northwest University for a short period of time, get into relationship and get married. These cross marriages result in spouse hatred and self blame because of diverging cultural views and conflicts. College environment integrates students on academic point of views love and intimacy but later change into war of verbal, physical and mental torture (McFadden 2001). In such cases marriages

end up into racial hatred, intolerance and disregarding each other's point of view which result in parasuicide as a way of expression angerness (Wilt *ibid*).

2.1.5 Incompatibility and Interpersonal Anxiety

Parasuicide and self harm is also associated with interpersonal relationship problems which are more than spousal (external) relationship (Obida & Govender 2013). Some married young women in Waterburg District in South Africa accused the relatives of their husband citing poor personality, bad manners and behaviours (Gouldeat 2012). These young married females end up attempting suicide as a way of protesting to in-laws and relatives. Mitchel et al (2005) expressed the notion that in Britain youth suicide attempt range from 5% to 10% annually motivated by stresses, loneliness, and being disowned by parents for marrying a wrong person. In Hurungwe District in Zimbabwe young females resort for deliberate self poisoning due to strains, conflicts with parents who are influential in their marriages

2.1.6 HIV/AIDS Related Problems

HIV/AIDS problems are a case for parasuicide in young females who infect their partners in West African countries like Nigeria (Mhlongo & Peltzer 1999). These are stressors to young females as they opt for suicide after they realise that they have infected their partners. The main cause is that they fear to disclose their status before marriage hence affected by victimization physical and verbal abuse by the spouse, his family and the entire community. According to Govender (2001) suicides attempt among young married women in Limpopo Province are as result of childhood sexual abuse which result in HIV/AIDS infection and STI thus emotions of abuse hinders status disclosure. Youth marriages result in violence due to HIV/AIDS infection in California U.S.A. Schlebush (2005) noted that four to five couples divorced per day and an average of ten per month young adult attempt suicide in the city due to HIV/AIDS related challenges.

2.2 The Psycho-social Challenges faced by Young Married Females

Early marriage has been explained by researchers in Amhara Region in Ethiopia as a norm but associated with socio-economic, psychological and physiological challenges which result in self harm or suicide attempts (Pathfinder International 2006). According to UNICEF (2008) major challenge is that some cultures globally doesn't observe human rights especially

those of the girl child. The non respect of self freedom among girl child is a cause for suicide attempting and denial of adolescence personal freedom hinder the development personal skills which makes them earn a living and become self reliant (ICRW 2007). Ideas and decisions are being imposed on these young girls by their older husband hence no freedom of self expression.

2.2.1 Domestic Violence

According to Article 144 of the Declaration on the Elimination of Violence against Women cited by Pathfinder International in 2006 gender-based violence psychologically cause disturbances in women and result in mental illness such as major depression. That traumatising and abuse which most young married women suffer result in consuming toxic substances as an attempt to commit suicide (ICRW 2007). UNICEF Inter-Africa Committee in 2007 found that elders in many African countries are not concerned about the suffering of their children in marriages because they enjoyed high bride price paid by their husbands. According to Shobha (1999) if these young girls ran back home they are beaten by their parents and sent back to their husband. These girls are left with no option but rather attempt suicide due to sexual abuse by their older husbands.

2.2.2 Adolescent Pregnancy and Motherhood

According to UNICEF (2001) girls of the age between 15 and 17 are five times prone to suicide attempt than boys of the same age due to stresses caused by motherhood and taking care of families. According to the National Committee on Harmful Traditional Practices for Nigeria (N.C.H.T.P.N) in 2003 they did a research which indicates that young mothers attempt suicide after being disowned by their for pregnancy. The committee also noted that premature sexual intercourse cause internal harm to the body and the reproductive system that can result in premature death as well as barrenness. These young girls become subject to verbal abuse and stigmatisation by the husband and the in-laws (Cooper 2008). Therefore, parasuicide is perpetuated by lack of spouse support and perceived attitudes towards unconceived married female (Heise 1999). Khan (2002) noted that in India and Nepal 5% of annual parasuicide cases are as a result of being neglected by family and husband because of barrenness. According to Mutopa & Maphosa (2003) barrenness is one of the cause

for parasuicide tendencies among young women in Sub Sahara Africa due to reproductive system malfunction and miscarriages.

2.2.3 Sociological challenges

In Latin America and the Caribbean studies showed that 40% of the parasuicide behaviours are as a result of societal norms and values playing a role on determining the reasons for self harm (Bruce & Judith 2000). According to Tsheba (1999) in America parasuicide can be the as result of excessive intake of alcohol or abusing drugs. Parker et al (2009) supported the notion by stating that 25% of young female in America use carbon monoxide as a method to do away with marital problems. Cheung et al (2006) noted that in North America hopelessness, depression and social issues motivate people to do self harm and cause for high suicide attempts cases. In Parkstan the causes of parasuicide has been precipitated by inter-family conflicts between the victims' family and that of the husband (Khan 2008).

2.2.4 Psychiatric Conditions and Mental illness

Ndozi & Waziri (1997) noted that 80% of the parasuicide cases recorded at Muhimbili Hospital in Dar es Slaam were aggravated by neuropsychiatric illness and family mental. The DSH- serotonergic dysfunction cause acts of aggressiveness on oneself, impulsiveness and borderline personality disorder which result in self harm (Hollan 1990). The genetic predisposition factors motivate for suicide ideation and became difficult to be involvement in socio-environment. According to Ndozi & Waziri (1997) 3% of depressed patient with suicide ideation were due to polygenic inheritance and 11% of them has parental past records of mental disorders. Parasuicidal acts can be genetically inherited and an individual with history of parasuicide is likely to repeat it in future (Kahuho 1998). Five percent of the cases of self harm at Muhimbili Hospital have once attempt suicide and two cases had parent who died by committing suicide. (Ndozi & Waziri 1997)

2.2.5 Bereavement

The loss of a parent or a sibling can be a cause of self harm as a way of expressing emotions (Bartels & Drake 1992). According to Wilkinson (1999) 8% of the victims

attempt suicide after they loss their parents in road accident. Murphy & Wetzel (2003) noted that 55% of young girls in UK attempt suicide after loss of a boyfriend or a husband. Loss trauma affected 80% of African women in marriages on the same time increase the risk for self harm or suicide. These suicide behaviours after loss of beloved ones are chronic in those women with mental illness especially bipolar affective disorder patients (Ndosi & Waziri 1997)

2.3 The Psychological Effects of Suicide Attempt

According to Isometsa et al (1995) the psychological effects of suicide attempt depend on the behaviour of the victims and the way he/she cooperate with the relative and therapist. The victim may develop prolonged traumatic stress disorder, poor psychosocial relationship on the other hand the victim develop maladaptive behaviours (Allen et al 2005). This situation make victim have lower self esteem, extraversion and high neurotism. The victims are more likely to attempt a chronic and fatal suicide if these issues are not attended to (Foutuolakis et al 2009).

2.3.1 Depression

The victims of parasuicide are at risk of future mortality as well prolonged side effects for example stomach ache a cause for somatisation (Ostamo & Lanquist 2001). Serious chronic physical pain, loss of hope assaulted by siblings despair a cause for depression. This is as a result of attempting suicide or self harm causing negative life experience, self esteem and morale (Caruso 2011) In New Zealand a study done on 302 individuals who has once involve in fatal and serious suicide attempts using poison within a period of five years time showed that 11% of them died (Beantrais 2004). Another study done at Christchurch Hospital recorded that 10% of the individuals who attempt suicide of any severity had died (Gibb et al 2005). Those who attempt suicide consistently develop psychiatric morbidity and poor psychosocial outcomes and depression (Beautrais et al 2000).

2.3.2 Isolation

According to Phillips et al (2002) suicide attempters socially isolate themselves, living alone and find it difficult to interact with friends and had perceived lack of social attention. In a study done in Cunterbury within 30 months after serious suicide attempt 44% reported interrelations problems (Marttunen et al 1995). In addition 70%

of the victims of parasuicide later enter into social beneficiary after being divorced and neglected by parents (Heikkinen et al 1993). Individuals who attempt suicide in Appleby urban in New Zealand 40% of them reported to be vulnerable and isolated as on the same being at high risk of repeating other fatal suicide attempt. Some of these young women become substance abusers as they create their own environment related to living alone and interrelation loses in an effort to deal with suicide ideations and avoid reality of life.

2.3.3 Psychosocial Stress

Suicidal behaviours are often a cause to expose stressful life events which include shamefulness, humiliation defeat and threat (Krenhost et al 1992). Young married women who attempt suicide in Hurungwe District in Zimbabwe face legal and disciplinary procedures. More than 30% of young married women who preside over the traditional chiefs, family members and in-laws in community courts to explain their motives and cause suicide attempt (Munikwa et al 2013). This can be a cause for inter family conflict and become stressors which cause poor coping and adaptive skills due to suicidal behaviours. Stressors of suicide attempt emanates from health impairment physical incapability which might result in stigmatization and discrimination at workplace and job loss (Cheung et al 2000). Suicide attempt can cause acute stress, loss of self confidence, anxiety, guilt, humiliation and hopelessness (Ndosi & Waziri 1997).

2.4 The Psychosocial Strategies to curb Parasuicide

Inorder to address the issues of suicide attempt a number of countries has come up with preventative measures. Shneidman (1985) introduced a psychological theory on etiological causes of suicide and suicide attempts. The understanding of parasuicide witnessed the introduction of a comprehensive approach in addressing parasuicide tendencies. These discipline include the psychiatric epidemiology, behaviours genetics and injury prevention (Beautris et al 2005). This is when a individual introduce biological genetics to adopt to challenges through consideration of moral values.

2.4.1 Self Concepts

Parasuicide groups recorded difficulties in coping with the situation in areas which include smoking, alcohol habits and psychiatric rehabilitations (Brown et al (1992). In

the study done by Santos et al (2009) it shows that smoking habits 41%, alcohol habits 17%, and psychiatric hospitalisation recorded 20% in responding to suicides coping strategies. Beautrais (2003) noted that family communication and sharing problems reduced suicidal ideations by 85%. This has been achieved by improving self morale, self esteem and self efficacy in order to come up with solutions to marriage problems. Parasuicide victims had shown the need for assistance to confront their challenges. According to Hawton et al (2000) victims need to be empowered with skills in controlling of in house and family challenges. One of the important tool is to be able to control their emotions to avoid self harm. Parasuicide groups in Innsbruck in Austria recorded an internal aggressiveness towards their partners hence humbleness in order to reach consensus (Bille & Brale 1999)

2.4.2 Reduction in Biological Risk factors of Parasuicide

Over 80% of mental illness patients at Tshilinzini in Limpopo province reported a reduction in suicidal ideation after consistenceness in taking up of medication (Obida et al 2013). Forty percent of the patients who had organic brain syndrome, a signal of drug abuse and metabolic disorder adhere to medication and reduce the suicide risk ideation by 65%. Emotional outburst which leads to auto aggression which result in self harm and interpersonal conflicts had been reduced by anger management in women of the age 16 to 25 at Kenyatta National Hospital in Nairobi. Neurotransmission imbalance, chronic seizures triggers hyperactive and personality disorder which can be a cause to suicide attempt and chemotherapy reduce the risk by 60%. Sims & Prior (1993) noted that intensive sensitization and aversive therapy reduce the suicide risk by 30% in panic and phobia patients.

2.4.3 Integration of Social Values, Culture and Leadership

Mastern & Powell (2003) explained that in Linselo churches formed young women clubs which focus on social teaching on marriages. The programmes were spearheaded by religious leaders, pastors, bishops and priest. The US government launches suicide prevention programmes which promote primary health care through anti suicide campaign. The programmes reduce the suicide attempts by 20% in California and promote pro-social peers interrelationship (Coatsworth 2009). Traditional leaders impose punitive measures on suicide attempters. In Mumbuli village Tete province chiefs encourage family advisors and counsellors to resolve

interfamily conflicts to avoid divulgence of information and privacy. This strategy promote sharing cultural views and able to reduce family conflict and marriage suicide attempts by 10% (Rutter 2000). The federal working group was formed in US to sustain and collaborate in coming up with policies which promote mental health to reduce suicide cases (Luther et al 2000).

2.4.4 Changing Knowledge, Attitude and Behaviours

In US the Action Alliance is working Health Human Science Operating Division in disseminating information on the impact of suicide attempts to the society (U.S Department of Health and Human Service 2012). The programme is expected to reduce suicide and suicide attempt cases by 60% by the end of 2020 (Mustern & Powell 2003). The main focus of the primary health care programme is on recovery after suicide attempt, giving hope; reduce biases and prejudice of parasuicide victims. According to Luthar (2003) community health workers in New Zealand launch young women self harm protective factors focusing on cognitive abilities and problem solving. This helps young women to adjust so as to change their attitude and perceived behaviours which result in suicide attempt (Powell 2000). In South Africa the Eastern Cape hospitals manage a 10% reduction in suicide cases. The main aim was to change temperament and individual personality for adaptability and flexibility of young women in taking family responsibility (Blum et al 2003).

2.5 Theoretical Framework

This study is supported by Theory of Planned Behaviour and Theory of Reasoned Action.

2.5.1 Theory of Planned Behaviour

The Theory of Planned Behaviour (T.P.B) is explained by Ajzein (1991) as the application of the perceived behaviour control to determine the outcomes of given behaviour and whether an individual can engage in the behaviour. The implication of this theory in this study is to explain the intentions of suicides attempt and self harm. In these situations normally individuals believe that self harm is under their personal control the surrounding people are there just to respond to their acts, thus this increases the chances of an individual to both intend to engage and usually perform that behaviour (Ajzein & Fishbein 1975) T.P.B expose the individual's intentions and effort to be exerted so as to achieve his/her intentions. This has been fuelled by the certain perpetuating and precipitating factors hence determining the level of risk behaviour to parasuicide and suicide (Ajzein & Fishbein 1980).

According to O' Connner & Armitage (2003) any individual who possesses strong control beliefs and ideations on factors that may lead to high perceived control which may be converted into an increased intentions to perform the behaviour. This also determines the measures that an individual might take and different alternatives in attempting suicide thus result in choice intentions (Tlou 2009). The theory of planned behaviour gives perceived control behaviour that correspondence between beliefs and attitudes that can actually predict the suicides attempt though this theory do not give alternatives to change the behaviour (Ajzen & Fishein 1980). This concept of perceived control behaviour has been referred as similar to Bandura's concept of self efficacy which illustrate a personal judgements and how can that behaviour be performed under various conditions

2.5.2 The Theory of Reasoned Action

This theory takes up some explanations on the interrelationship between beliefs, attitudes, intentions and behaviour (Fishbein 1967). Theory of Reasoned Action is a model used for accurately determining some behavioural intentions. The determination of individual's behaviour intentions on self harm are his/her attitudes towards performing the behaviour and the subjective norms accompanied by that behaviour (Ajzen & Fishbein, 1980). Attitude is determined by a individual's beliefs and understanding of outcomes or attributes performed or behavioural beliefs that can be used to weigh the outcomes or attributes on suicide attempt. (Montano & Kasprzyk 2002). The subjective norm of an individual can be determined influential people to the individual as they can approve or disapprove of the performance of a behaviour in this case normally one can perform behaviours that are borrowed from peers irregardless of the situation or conditions, hence these beliefs can be called normative beliefs or motivators to compliance.

The theory of reasoned action is more efficient when there is a high degree of perceived success by holding over both internal and external forces with execution of behaviour or action. Ajzen & Fishbein (1980) noted that theory of reasoned action subscribe to the assumption that individuals are rational and in making logical application of information. People consider the implications of their actions before they decide whether or not to perform a given behaviour. The theory of reasoned action has assumptions that there is an interrelation from normative beliefs to behavioural intention, as well as behaviour via attitude and subjective norm. (Fishbein & Middlestad 1989)

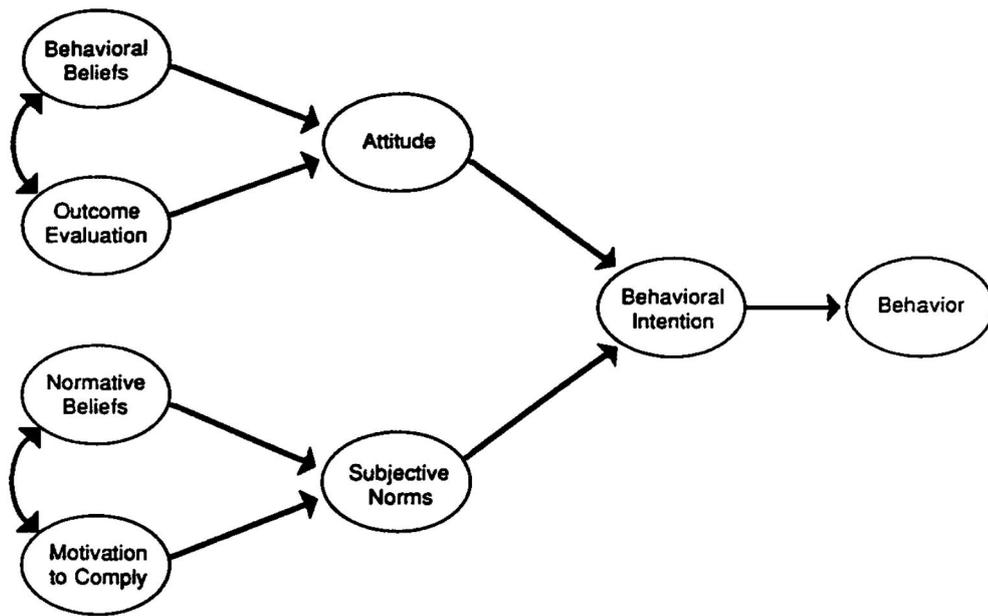


Figure 1. The basic theory of reasoned action.

Source: Villarland et al 1991

2.6 Knowledge Gap

Many researches had addressed parasuicide in general and situation being influenced by different psychological and demographical areas and social beliefs. Other research findings on early marriages and fatal suicide and suicide attempts as separate entities. This result in a gap between parasuicide and early marriages the interrelationships is shallow and feint. However in this study the researcher is bringing up psychosocial challenges which motivate young married to attempt suicide specifically young females who enter into marriages at a tender age

2.7 Chapter Summary

The literature review was a process of going through some similar information pertaining the demand of the research topic and research question. The information on motivations of parasuicide tendencies on victims of early marriages was outlined on the topic, then further sub divided into subtopics to explain these issues from grassroots level globally. This revealed that the problem is not for Zimbabwe only but the entire Sub Sahara Africa and many parts of the world. Majority of researchers and authors have only wrote on parasuicide and early marriages as independent variables.

CHAPTER THREE

RESEARCH METHODOLOGY

3.0 Introduction

This chapter focuses on the research methodology used by the researcher. According to Raulin (2007) in dealing with methodology the researcher needs to explain how he/she plans to carry out the study. This chapter shall spell out the research approach, research design, population, and sample, sampling method, instrument, data collection, data analysis and ethical considerations. This is a qualitative research to expose societal values and beliefs which are a challenge to young married women.

3.1 Research Paradigm

The study is qualitative, according Speziale (1994) this refers to occurrences or experience, logical path to understand human beliefs and perceptions. The procedures in this paradigm include the studying of a small number of subjects through extensive and longitudinal patterns to develop strong relationships and meaning (Creswell 2004). It allows unstructured interventions which is a holistic approach which allows respondents to give meaning to their psychosocial challenges as motivators of parasuicide tendencies (Diesktra 1993). These motivational tendencies were studied using qualitative study so as to gain in depth knowledge on phenomenon of suicide attempts

3.2 Research Design

This is a plan and structure of investigation to obtain evidence so as to answer the research question. Thus in this case it explores the original idea and determination of specifications for clear overview of the research Kerlinger (1986). The procedures for conducting the study include whom was contacted and the conditions in which the data has been collected.

In order to obtain a greater achievement of objectives the researcher uses the **exploratory design**. According to Lambin (2005) exploratory design gives a better overview of the phenomenon in the research so as to determine the nature of the motives of parasuicide tendencies among young married women. The main agenda of this type of research design is to explore and determine whether what motivate young married women to attempt suicide and involved into self harm. Qualitative data in exploratory research design assist in engaging

into factual information on the reasons, set up, motives behind suicide attempt (Krueger & Neuman 2006).

3.3 Study Population

The study population consists of young married women who live in eastern, and north western suburbs of Harare and have once admitted at Parirenyatwa Group of Hospital after a suicide attempt. According to Zimbabwe Statistics Agency Population Census 2012 there are 190 971 married females of the age between 15 and 22 in Harare. This is the targeted population which includes all young married females who once attempted suicide.

3.3.1 Population Sampling Method

The sampling technique used in this qualitative research is purposive sampling technique. According to (Denzin & Lincoln 1995) purposive sampling is more commonly used and involves targeting social group, experts and key informants. Coolican (2004) went on to note that purposive sampling is when participants are chosen due to their distinctive features which enable a documented exploration within the areas of interest in the study. In this case the study was concentrating on the young females in marriages who have once attempted suicide

In this sampling technique the researcher involves the use of **opportunistic purposeful** sampling technique (Patton 1999). This is a field work which takes into consideration sudden incidents during field work. The study takes also advantage of the unforeseen opportunities and sudden incidents. In this study some new cases of parasuicide have been suddenly encountered and those who were coming for psychotherapy sessions hence it was easier to take part in the study.

3.3.2 Selection Criteria of Sample Size

This is the subset of participants which represents the entire population. The victims interviewed were of the age between 15 and 22 who had recovered from detoxiation process and have been discharged from A1 ward and waiting for psychological assessment. If there were none the researcher was to make use of records of victims which provide address and names of other victims visit them at homes. Therefore on this sample size a phenomenological stance was implemented so as to determine data saturation. This occurs after the researcher interviewed 12 participants.

3.4 Data Collection Instrument

According to Frey & Oshi (1995) it is a tool used to collect information so as to come up with best solutions to formulate research topic problem and questions. In this qualitative research design face to face unstructured interviews have been used for purposeful conversation in which one person asks prepared question (interviewer) and another answers them (respondents).

3.4.1 Interviews

This type of research subscribe to unstructured interviews, according to (Keyton 2001:299) unstructured interviews takes the form of conversation where the interviewer has no predetermine question. Keyton (ibid: 294) went on to note that unstructured interviews are semi directed discourse or conversation with the goal of uncovering the participant's point of view. Therefore to get the answers needed to answer the research question the researcher was aware of the both theoretical and contextual knowledge as well as comfortable with a variety ways of communication.

Advantages of Interviews

- Interviews allow the researcher to learn about things that cannot be observed as the facial expression, affection and body language shows the in depth understanding of psychosocial challenges which motives of parasuicide.
- Interviews increase the accuracy of the responds by clarification since was a conversation both the interviewer can ask clarification on social issues.
- The respondents has time to raise up concerns on the family issues taking of responsibilities as a mother
- The interviewer can probe for in depth explanation from the respondents on the exact problems the background how other people view her problems and the reasons for she opt for suicide attempt.

Disadvantages of Interviews

- They are expensive in terms financing as well as time consuming to carry out interviews with all respondent some were on the state of recovering.
- Interviews are subject to bias and exaggerations by interviewee as they were justifying themselves on their acts of attempting suicides.
- Interviews are very to categories, summary and evaluate the obtained information

3.4.2 Pre-Testing of the Instrument

A pre-test was done in order to check if the data collection instrument was clear and could be understood by the respondents. It was also a way of checking whether the interview schedule provides useful information on key issues raised in the research question. The pilot study was done within the same profession of mental health at Harare Central Hospital. During the pre test study the interview was distributed to a sample size of 12 respondents.

3.4.3 Validity and Reliability of the Instrument

After the pre- test the researcher rephrases and modified the interview schedule so that it become simple and clear so that it yields responses which answer the research questions. The researcher eliminate ambiguous question, avoid bias and leading questions. Then the instrument was re-tested to the target population at Parirenyatwa Group of Hospitals using the same sample used in pilot study before the main study. The results obtained were the same as those obtained in the pre-testing study.

3.5 Data Collection Procedure

The researcher seeks permission from the Department of Psychology at M.S.U. The researcher handed over the letter together with the research proposal and the requisition application letter to the Clinical Director of P.G.H. After the approval from the Clinical Director the researcher submit a data collection requisition form to the Head of Department Clinical Psychology. Then the researcher proceeded to meet the respondents after the permission was granted who were admitted. Other respondents were admitted for rehabilitation due to high suicide risks and the researcher utilise the visiting hour to meet the respondents with husband and family members. The researcher use the address and contacts in hospital records to locate the other respondents who stay in Harare who were once receiving treatment at the hospital after attempting suicide .

3.6 Ethical Considerations

This research involve young married women who attempt suicide, the researcher has to take note of research ethics as to avoid violations human rights. Research ethics are moral obligation and principal that the researcher should adhere to in carrying out and reporting their studies (Punch 2005). In this study ethic were observed to avoid misuse of information and serve fulfil of personal interest but rather as a step to resolve domestic violence and gender based violence.

Informed Consent

This is a process of triangular interaction and agreement whereby by the researcher give information on the purpose as well as the importance of the study, the participant understand and the intentions and demands of the study then lastly give relevant respondents (Cocks 2006). In this study the participants understand the study by open up their depressive issues to the researcher. Hence this was a voluntarism, cohesive and comprehensive way in answering interview questions.

Confidentiality

The information between of an individual should not be given or disclosed to another person or a certain group of individuals without the owners' permission. There is a duty to protect the rights of the people in the study as well as their privacy sensitivity and anonymity (Miles & Humberman 1999). It was the researcher's responsibility to make sure information from participant has been kept safe and cannot be accessed easily. In this study the victim's information and that from spouses was not disclosed to the partners or family members without interviewee's consent and interviews were carried out separately in private places.

Right to withdrawal

The respondent has the right to quit or withdraw from taking part in the study and during the interviews the researcher cut off those sensitivity issues which triggers emotions and angerness.

Avoiding Harm of Participants

In addition to keep information safe and confidential the researcher protects the participant from harm. The researcher encourages the participants to use pseudo names so as to be safe and secured. The researcher try by all means avoid interviews which cause more severity to the situation. This might result in lack of self confidence hope and self esteem.

Debriefing

This is a process of giving feedback to the participants on the achievement of aims of the study and objectives (Hill 2005). During the process of collecting data the participant were reminded of the importance of the study. At the end of the session the respondent were again told the authenticity of their participation as the information obtained can now be used in for their psychosocial wellbeing and academic purposes.

3.7 Data Presentation and Analysis

The information and the direct words picked out from the interviews should be described in themes format. The organising of the collected data need clear procedures that must be followed for easy retrieval and identification.

3.7.1 Data Analysis

The analysis of the themes has been used to identify analysis and describe and explain the pattern of the data collected. The information collected through interviews has been categorised in form of common ideas. Therefore, result in the formation of sub-themes so as to further explain the ideas being deduced. The process follows some sequences which include familiarisation, coding, searching themes review themes, defining and naming themes and producing the final document (Breakwell et al 2006).

3.7.2 Procedures for Thematic Analysis

The thematic analysis of data consisted of six steps and procedures to be followed. The first procedure was to familiarise with the information collected and interpreted it to make meaning out of with the research topic. The second step was that the researcher created a list of thematic points generated by the interviews in relation to research questions. Thus coding and organising the collected information. The third step include analysis of the generated themes, hence the researcher come up with sub themes coded in relationship to the main idea.

The fourth step involves in depth analysis of themes and its sub themes so as to answer the research questions. The fifth step was to determine what phenomenon does each theme has captured. Then lastly the analysis and coding of data as a set of fully worked themes which can be presented on paper.

3.8 Chapter Summary

This chapter highlighted the requirements of the qualitative research methodology which has been used in this study. This includes research design the sampling technique, data collecting procedures and data analysis. The advantages and disadvantages of using interview schedules as a data collection instrument. The chapter closes by looking on ethical being considered in respect of participants' contribution safety as well as protection of human rights.

CHAPTER FOUR

DATA PRESENTATION, ANALYSIS AND INTERPRETATION

4.0 Introduction

This chapter explains the thematic coding of data collected after face to face interviews with the respondents. The data was collected through writing down field notes and interviewing participants. Thematic areas were created into four major categories emerged: motives behind suicide attempt, challenges faced by young married women, psychological problems encountered after suicide attempt and individual coping strategies to avoid future suicide attempts.

4.1 Demographic Information of Respondents

The researcher engaged twelve participants through the use of in depth interviews. The information is represented on the table below for each respondent in terms of educational level, occupation, number of years in marriages and age.

Table 4.1 Demographic Characteristics of Respondents

Participant Number	Educational level	Occupation	Number of years in marriage	Age
1	O level	Police Officer	2	22
2	No School	House maid	1	15
3	O level	Typist	1	19
4	O level	General Cleaner	1	16
5	O level	Unemployed	1	16
6	No school	Unemployed	3	20
7	O level	Unemployed	2	19
8	O level	Unemployed	1	18
9	Diploma	Secretary	2	21

10	O level	Soldier	4	22
11	A level	Student	2	20
12	Grade Seven	Unemployed	1	19

The respondents were married women who are survivors of suicide attempt and are also residence of Harare. All the respondents were patients admitted and out-patients who come for reviews and psychotherapy sessions at Parirenyatwa Psychiatric Unit Annexe. The participants were of the age 15 and 22 years of age. One respondent is below 16 years of age. Three respondents are between the age of 16 to 18, five are 19 and 20 years of age and three of them are 21 and 22 years of age. Six of the respondents have just one year in marriage; four of the respondents have two years in marriage, one respondent has three years in marriage and again one respondent have four years in marriage.

Respondents 2 and 6 had never attended school and respondent 2 is a housemaid but respondent 6 is unemployed. Respondent 12 has been educated up to Grade Seven and she is unemployed. Respondents 1, 3, 4, 5, 7, 8, and 10 are educated up to Ordinary level but respondents 1, 3, 4 and 10 are employed the rest are not. Respondent 11 is educated up to Advanced level and she is still a student. Only respondent 9 obtained a diploma and she is employed as a secretary.

4.2. Theme 1: The Causes of Suicide Attempt

The research shows that there are diversified motives of suicides attempt among the respondents noted financial problems as her husband can spend 75% of his salary on pleasure. One respondent stated that she just want to draw people's attention for assistance. The parents have a tendency of neglecting their girl child when they disappoint them in life. The other motivator of parasuicide is the fact that the respondent wishes herself a peaceful death so as to do away with the painful situation. The other reason for self harm is to express their angerness. Other respondents said they attempt suicide because they wanted to get rid of the painful situation.

Sub theme: Need for Attention

The motive of parasuicide in this scenario was to draw people's attention one could be helped. The parent has a tendency of neglecting their girl child when they disappoint them in life. Respondent 7 became pregnant when she was about to write her O level examination.

"...I miss my parents as if they are dead yet they are still alive.... my husband is an orphan he went to South Africa last year to look for employment... I have no one to guide me, to advice me.... I face life challenges alone.....my father doesn't want to see me I disappoint him....."(Respondent 7)

This shows that the respondent had no one whom she can trust, who can give her advice. She is in need of social support or parental guardianship.

".....I never tested the sweetness of love in my marriage..... I don't know what is love I last tasted the love of my husband when we were a boyfriend and girlfriend.... I don't discuss anything with my husband he comes home late.....he spent most of his time with his parents and siblings..." (Respondent 6)

This represents the respondent's concern for not being attended to by her husband. She feels that her in-laws are in control of her husband as if he is not yet married.

The other respondent who seem to be missing attention from her husband had the following to say,

"...my husband was transferred to work in Mutare two months ago just two weeks after I lost my mom in car crash.....I said to my husband we must be stay together but he refused he said her parents will have no one who can look after them since he is the only child....he no longer came home regularly as he used to do...." (Respondent 5)

This shows that respondent 5 felt that as a young couple she must be always with her husband. She deserves to be loved because she viewed her husband as the comforter after she lost her mother in fatal accident.

These are some of the reasons which were of given by the respondent and probably motivates them to opt for suicide. The respondent emphasized that it wasn't a way to take off their lives but a way of expressing their concern.

Sub theme: Expressing Anger

The behaviour of the husband and his maladaptive behaviours can cause the wife to be angry and attempt. These young women felt that the only way they can express their anger is through self harm and suicide attempt may be their husbands can change their behaviour.

“.....most of the time my husband comes home late and always drunk..... not even able to remove his shoes.....he vomits on blankets.....this is too much I can't stand the heat anymore...” (Respondent 1

This shows that the husband's drinking behaviour cause stress and problems to the wife which makes her angry.

“.....he never told me he was once married and had a child....i knew it when his salary was cut off for maintenance.....now he wants to take his wife back.....he is forcing me to accept that.... so as to avoid paying maintenance.....” (Respondent 2)

This shows that the husband was not faithful and be open to tell the true about her marital status before he got married to the respondent.

“.....I was still at school when I realize that I'm pregnant..... for all these years we were in love he never told that he is married..... he is a father of two children....he used me all this time I was his secret lover.....” (Respondent 5)

The respondent was angry because her husband was unfaithful to her, she was a secret lover yet she was customary married but her husband didn't tell that he had his own family. She was a secret lover (small house) she only knew when she had a child.

“....these days I don’t know what’s happening.....when we got married we used to go to and buy everything for our family.....he can’t give me even a single cent.....whether its monthend or not I don’t know....he can go out for some days left me and his child without food.....” (Respondent 12)

The respondent is angry for not being given the amount of money at the time she is in need of it as they used to do before they got married.

These are probably some of the ways which the respondents show their anger towards the behaviour and attitude of their husbands.

Sub theme: Getting rid of Painful Situation

The other cause of parasuicide tendencies is the fact that the respondents wish themselves a peaceful death. The respondents failed to cope with the situation and perceive suicide attempt as the only solution to do away with the problem

“.....he never told me that he was born HIV positive until when I’m pregnant I got tested.....I was positive...we both got counselling but she accused me for having many boyfriends and sexual partners before marriage..... his mother supported him and both of them did disclose their status to me his cousin sister.....his cousin now disclose to that he was born HIV positive a situation which he still deny.....it’s so painful.....” (Respondent 1)

This shows that the respondent was pregnant and she got tested and she failed to accept the results as her husband refused to be tested, but accused the respondent for infecting her.

“.....I don’t think I’m worth to live.... the way my husband and his parent treats me it’s so painful.....now he came with a girlfriend and introduce to her to his parent parents in my present.....” (Respondent 8)

This represent that the respondent thought of taking her life due to the interference of the in-laws in their marriage as they support her husband to marry another wife. The in –laws are

pushing for divorce so that he can marry another wife as they said the respondent is not of their choice because she is not educated.

“.....at least if I die will rest in peace and join my parent in spirit..... I don't have anyone to share with the hard time I'm going through..... my siblings are too far they work in diaspora.....” (Respondent 2)

This represents the respondent's dissatisfaction with her marriage after being neglected by her husband. She feels that her husband is taking advantage of the fact that the respondent lost her parent so she had nowhere to go.

The respondents perhaps believe in good life and happiness after death. The respondents cited the fact that their husband viewed them as invaluable individuals in life. They don't consider the respondent's ideas in decision making because some of them are illiterate. They viewed marriage as their everlasting joy and happiness of which the opposite is true.

4.3 Theme 2: Psycho-Social Challenges: Conflicting Social Norms and Values

The study came to realize that there are some social challenges which the respondents encountered, on the same note these challenges contributed to parasuicide. The results show that respondents failed to share their in-house problems fearing for being divorced, accused of revealing family and in-house secrets. One of the respondents noted that every year her husband's family gathered at their rural home doing family rituals for prosperity and protection. She always being forced to take part in such things which she doesn't know. These are the challenges revealed by interviews emanating from societal norms, values and family beliefs which become stressors and psychological factors that motivate parasuicide tendencies.

Sub theme: Family Inter-Conflicts and Tensions between the In- Laws

The interviews revealed that family conflicts directly affect young married women. They are left confused and whenever they have problems they lack social support from any of their families.

“.....Im tired of their abusive words towards me.... left, right and centre everyone in the family is against me including my husband.....they said my family overcharged on bride price paying for damages because their son married whilst I was still at school.....on the other hand my parent said they don't accept my husband as their son-in law unless they paid all the damages.....” (Respondent 3)

This represent family conflicts and disunity which causes trauma and depression therefore left these young married females with no option but to attempt suicide.

“.....your relatives are greedy they want money from us to carry out their family rituals and ceremonies.....they don't appreciate our efforts and the respect we give them.....they are always after our money.....” (Respondents 2)

The respondent pointed out the differences in religious beliefs as a cause conflicts between her husband's family and her family. The in-laws said she doesn't have respect them yet her parents are too demanding and always need their help in their traditional ceremonies.

.....your parents and relatives are forcing us to participant in their family rituals.....they are too demanding.....we are Christians we don't participant such primitive way of life..... (Respondent 6)

This shows that there is inter conflicts between her family and her in-laws and her husband due to family's differences in religious beliefs.

“.....there is war of words my parents accused my in-laws for initiating my marriage....persuading me to drop school at A level.....my father said you no longer belong

to my family.... if anything happen to you don't consult us....those are now your parents.”
(Respondent 11)

This shows that the in-laws valued marriage yet the parents of the respondents valued education before marriage.

These inter-family conflicts are probably stressors causing confusion, anxiety and depression among young mothers resulting in attempting suicide.

Sub theme: Witchcrafts Accusation and Evil Spirit Possession

The respondent was being accused of witchcrafting as the family's instability and conflicts started when she got married. The family backgrounds and history affected the respondents due to stereotyping as respondents are accused of being possessed by the evil spirits which cause them attempt suicide

“.....his parents accused me of being a witching they said my grandfather's sister was a witch so I inherited the works of my aunt.... my husband question me on the tradition beliefs of my parents.....he give it as an evidence that what his parents say it's true about our family.....” (Respondent 6)

The respondent has been accused of being possessed by the evil spirits which causes problems in her marriage

“....my husband went to a Johani Masowe Chishanu prophet and there were told that I'm a wife of evil spirits and goblin given to me by my father before he died... I was not supposed to be married.....every mistake I did my husband said I'm not submissive to him because I have an evil spirit husband whom I'm loyal to.....” (Respondent 1)

This shows that the respondent shared the same view as she pointed out that the religious beliefs and prophets said she has been used as assistance in witchcraft. Respondent's husband and his relatives prejudice the family problems as initiated by the respondent.

“.....I was given to a man as compensation for the murder of my father’s farm worker.....sometimes I see an image of man shouting at me..... instructing me to drink poison or else he will kill my child and my husband.... Im against this my parents don’t want to assist me.....my father said you got married without my blessing I should solve it on my own.....” (Respondent 7)

On the same note the other respondent explained her suicide attempt as being caused by her parent who gave her as compensation to a killed person. The deceased was said to be killed by the respondent’s father.

“.....when i got married my grandmother told me that I was wasting my time because she raised me so that I can take care of her spiritual children..... that’s why I got married at a tender age to the son of my pastor.....on the other hand the family members of my husband said Im a product of the evil spirits Im demonic..... that’s why my husband is not employed..... (Respondent 9)

This shows the respondent was raised by her grandmother whom she accused of having children of evil spirits. The respondent was said to live a luxurious life if she became the mother and take care of the evil spirits children but since then she is not yet conceived since she got married.

The respondents probably give the motives of self injuries on the basis of witchcraft and the evils spirits. Some of the respondent takes it as challenges initiated by relatives. On the other hand other respondents expressed such challenges as they lead to family disunity and division which result in lack of social support.

Sub theme: Hopelessness and Depression

Motives for parasuicide are driven by social challenges that emanated from the malfunctioning of marriages. The in-laws have over expectations and never accepted these

young females as their daughters in-law. Verbal and physical abuses are also motivators of parasuicide due to self blame and hopelessness.

“.....I can’t bear the responsibility to do house chores, look after children of my sister in law she go to work Im more like the house maid.....my husband has no any say because with at his sister.....he can’t afford paying rent somewhere most of the time I feel depressed..... I always suffer verbal abuse....” (Respondent 12)

The respondent felt depressed and physical due to overworking and too many responsibilities

“.....I had three miscarriages so far.....the doctor said its cause by ill health in the reproductive system....but my in- laws doesn’t understand..... they relate it to evil spirit.....Im a wife of a death person compensation who was killed by mother....it depress me I feel hopeless and worthless.....”(Respondent 6)

This shows that respondent felt depressed because of miscarriages and the in-laws attributed it to evil spirits from the respondent’s family.

“.....I got married after my father said he can’t afford the school fees..... I wasn’t aware of the challenges of marriage..... my husband is violent...most of the time he is drunk.....sometimes he beat me he said his mother always complain that Im lazy.... I don’t want to go to their rural home..... I feel no reason to live....”(Respondent 2)

This shows that the respondent gets married because of family poor background and she suffers both verbal and physical abuse which causes hopelessness, and low self esteem.

“.....the situation is tense he shouted on me everyday..... I never done any good for him.... everything are do is wrong he don’t appreciate me as her wife..... Im worthless, valueless to him so why should I live.....”(Respondent 8)

This shows that some husband overgeneralise everything, he don’t appreciate and appraise the goods things done by their wives in order to boost their self confidence as young mothers.

The respondent shows that they were depressed and become hopeless as these are some of the factors which motivated suicide attempts. Their husbands and in-laws are the main causers of these depressors

Sub theme: Infidelity

The respondents pointed out the issue of infidelity as a motivator to their suicide attempt. Some of the girlfriends are even older than their husband a situation which results in suicide attempt as simple decision to do away with the current situation.

“...I saw some pictures and whatsapp conversation..... the name of the girlfriend was saved as Sekuru Tino in the contact list.... when i ask him he said he is a workmate..... week later and come across romantic messages from the same contact on whatsapp.....why is he doing this to me I never trust again...let me die so that he has enough freedom.....” (Respondent 9)

This shows that social media are becoming a source of conflicts as they promote infidelity.

“.....Im a cross border trader as part time..... I came home and came across the underwear of my maid in my bedroom.....when I asked my husband about it he said that he had no further explanations.....he said you are of the same age with her so nothing wrong to have you all as my wife....” (Respondent 3)

This shows that the husband of the respondent get in love with a maid when her wife went out as a cross border trader.

“.....I’m a university student went to a party with friend like other girls I got a date..... my friend sent some of the photos on whatsapp I forgot to delete them.....my husband came across some of these photos he didn’t say anything.... he move out of the house I sent me a message saying that he now knows what you I did when Im at college....wasting my money.....he switch off his phone and never come back home up to now...” (Respondent 11)

Other respondent pointed out shyness and shamefulness because of infidelity and she decided that suicide attempt is the only way to get out of the situation. Young married women can be carried off by peer pressure and forgot that they are now married

The respondents probably showed that they attempt suicide because they never accepted the idea of sharing one husband. The respondents feel that suicide attempt is a signal of dying in pain and giving the two a chance to marry each other rather than to share.

4.4 Theme 3: Effects of Suicide Attempt

The research also noticed that previous suicide attempts can be also a cause for future suicide attempts. This is due to the fact that the respondents suffer psychological trauma, discrimination by the community and a cause for further intra family conflicts.

Sub theme: Neglection

“.....my husband no longer wants to share ideas..... I do my own things he never comment he said I must do what I want because if he interfere will result in another suicide attempt since he is the trouble causer for me to attempt suicide.....”(Respondent 6)

This shows that the respondent’s husband rather ignores the causes for the suicide attempt and they don’t cooperate with their wives in solving problems at hand. Others use it as a scapegoat to look for outside sexual partners.

“.....all of my sibling and my parent don’t want to communicate with me.... they said I humiliated them.... my relatives, my aunt.....never want to talk to me any more.....no one is willing to associate with me.....” (Respondent 8)

This shows that the respondent has no one to talk to as she has been ignored and neglected by the siblings and family members.

“.....my mother told me not even to call her..... after I dropped school and get married because I was pregnant..... my mother said it’s better I suffer she don’t care because I

never accepted her advice.... she said im old enough to take any decision.....”
(Respondent 5)

This entails that even though the victims of suicide attempt need more attention to find out the problem. They even suffer more problems of being neglected by the family members and husband.

Sub theme: Divorce

The other effect of suicide attempt is divorce as both the husband and wife felt that they should their marriage. The husband and his family fear to be also victimised as well as stigmatised by the society for being the causers of problem which result in someone taking her life. The respondent felt that she must not stay with someone who give her problems which result in suicide attempt.

“.....no one has attempted suicide before in our family....because of all these problems surrounding me..... I don't feel comfortable to continue staying in the same house with this person....”(Respondent 9)

The respondent no longer wants to stay with the same person who gave her problems which result in suicide attempt.

“.....my husband said we should divorce since im still young he said l'm free to look for other husband.....I also feel that my parent still need me much more than being in such a marriage.....I hope this time around I will find the right person for myself.....” (Respondent 3)

This shows that after suicide attempt both the husband and the wife wanted to divorce as they no longer felt comfortable to stay with each other.

“.....my in-laws said their son cannot stay with someone who is possessed with evil spirits which drive me to attempt suicide..... they said I should pack and go though my husband still want to reconcile and settle our differences.....”(Respondent 7)

This represent that the in-laws want them to divorce because the respondent has attempted suicide irregardless of the fact that the couples want to settle their differences.

In these cases divorce were as a result of suicide attempt as both the victims, in laws and the parent of respondents fear for other fatal suicide incidence they tend to opt for divorce as a way to separate the conflicting partners.

Sub theme: Emotional reactions

The survivors of suicide attempt develop traumatic stress disorder as well as vulnerable to psychosocial threats, stigma and abuse which result in emotional shock, disbelief and denial. Some lost trust honest and faithfulness in their husband, relatives and neighbours as they are the causers of the respondents' life challenges which push them to attempt suicide.

“... I will never love anyone again in my life..... you become slave of love rather to enjoy.....I never expected such a life when I gets married.....” (Respondents 6)

This shows that the respondent was still in denial and too emotional due to the challenges she faced in her marriage.

“.....he wasted my time he never loved me.....he wanted me to suffer causing disunity in our family ...in this case if I die it's our family which loose.....I don't want to see him again in my life.....”(Respondent 2)

The respondent shows that she too emotional to face her enemy and she was in state of not accepting any negotiation or time to reform.

“.....I’m still in shock..... how come such a person whom I trusted....someone whom I gave all my love and everything of myself deceive me in such a way.....causing me to be in this situation.....” (Respondent 7)

This probably indicate that the survivors of parasuicide (respondents) become emotionally angry, self blame and shameful a cause for tress. The respondents can’t face reality of life and loose hope for the future as they become anti-social.

4.5 Theme 4: Coping Strategies to Avoid Future Suicide Attempt

The incidents of suicide attempt adopt different type of approach to make the victim cope with the aftermath fatal incident. Most of the respondents stated the need for behaviour change for their husband and their in laws. There is need for the establishment of a strong social support network and an integrated approach to solve early marriage problems.

Sub theme: Integrating Couples, Families and Relatives

The respondent wishes for an integrated family which treats other with humanity and dignity so as to avoid the motives for suicide attempt. Justice fairness and openness must prevail within families to avoid conspiracy.

“.....give aunts and uncles their roles to tell the truth on family issues.....who are open to everyone so as to avoid biasness, stereotyping and prejudice.....” (Respondent 1)

This shows that the respondent want a balanced analysis and an independent person to intervene to solve their problems.

“.....both my family, the in-laws my husband and relatives’ must communicate..... share ideas identify problems.....use their own experience to save our immature marriages.....”(Respondent 9)

This shows that there is no proper communication between the family of the respondent and the in-laws

“.....my in laws must accept me just like their daughter.....I want them to treat me the way they treat their own children they should not discriminate.....” (Respondent 12)

This shows that the respondent felt that she is not accepted integrated into the family as she has been treated as an inferior.

The respondents were very much concerned about family disunity and lack of communication so as to be supported as young couples and being advice on challenges they face in their marriage.

Sub theme; Family Counselling to Promote Peace and Tolerance

The respondents emphasised the issue of family counselling to promote peace and humanity within the families. Domestic violence is one of the stressor which motivate for suicide attempt among the young mothers.

“.....I think as a family we must get advice and counselling..... I always have stress on unresolved issues which my husband and in-laws always repeat.... they don't give me a chance to express myself on what they said it's wrong and immoral.....”(Respondent 2).

This shows that the respondent want the family to get advice which promote peace and tolerance as they perhaps develop negative cues and schemas towards the respondent.

“.....I feel our uncle should know this he was the one who initiated our marriage must know the situation on ground.... they must give a word of advice to the family and the in-laws may be they can change and appreciate our marriage.....i didn't know that in hospitals like this one they psychologist who assist people for free.....” (Respondent 6)

This shows that the respondent want a preferable individuals to be involved in resolving in house problems. She reiterated that she didn't that they psychologist in hospitals where she can seek assistance.

“.....my father in law always use abusive word on me..... accusing my uncles for charging too much on my bride price therefore I should work for the family.....I think he must be taught to forgive and tolerate me and my extended family for our wrong doings.....”(Respondent 4)

Another responded also expressed the same idea as she said;

“.....it's so painful when someone whom you cook for, doing laundry everyday so that he can go to work presentable..... at end of the month no any single dollar you get.....he spent it with small house sexual partners and abusing substances.....he must be advised to his family.” (Respondent 7)

This shows that the respondents need to appreciated and recognised as the mothers of the family.

The respondents expressed concerned on lack of tolerance, humanity solidarity and togetherness between families. The other motivator of suicide attempt is the fact that their husband has many sexual partners. This is mainly caused by the alcohol abuse which results in uncontrollable behaviours as they spent all the money with outside sexual partners.

Sub theme: Cognitive Approach to Problem Solving

The respondents stated that the environment in which they live it's so depressive not conducive in order to cope with the situation. The respondents cited the influence of the society friends and relative create negative schemas which precipitate suicide attempt due to irrational thinking.

“.....there is need for good friend if you are surrounded with good friends they give some views which might change the way you perceive problems.....find a better solution rather than attempting suicide.....”(Respondent 10)

The respondent expressed the need of good people who provide good advice to the victim to change so as to avoid suicidal ideation

“.....the situation which motivates me to attempt suicide must provide me with guardianship to change attitude....I should be given the room to reconsider the outcomes or consequence of suicide attempt.....”(Respondent 3)

The respondent pointed out the need for assessing the and weighing the outcomes of suicide rather than being dominated by hopeless solutions

“.....a united family live in harmony.....improve public knowledge on social integration and holistic approach to assists the young married female with the skills in order to save their marriages rather than blaming them because at point you will get married.....you need assistance and support of family and society.....”(Respondent 4)

The respondent is giving the advantages of an integrated family and the use of many approach in finding the causes and solutions to the problems.

The respondent gives their own point of view as to what the situation should be in order to promote strategies that stop suicide attempt. The multi-functional of a family and holistic approach to problem solving ensure joy, happiness and optimism within an individual.

4.6 Chapter Summary

This chapter has covered the data presentation analysis and interpretation process. The themes have been presented as according to the research question. This covers the motives of parasuicide tendencies as they are initiated by psycho-social challenges of marriages. The respondents also give some psychological challenges faced by victims of parasuicide. On the same time their own point of views are considered in order to reduce suicide attempts.

CHAPTER FIVE

DISCUSSIONS, CONCLUSIONS AND RECOMMENDATIONS

5.0 Introduction

The chapter gives the discussion, conclusion and recommendation of the study. The study has come up with its own findings and some of the findings are the same of those given by other scholars in the literature review.

5.1 Discussion of results

The study gives an exploratory explanation on the motivations of parasuicide tendencies among young females of the age between 16 and 22. The main aim was to expose the motives and causes of suicide attempt, challenges encountered by young females who entered into marriage at a tender age.

The study has four main themes on the motivations of parasuicide tendencies among married young females. The themes are centered on motives of suicide attempt, the psycho social challenges which drives for suicide attempt or self harm, psychological effects of attempting suicide as well as the strategies to be adopted in order to avoid future suicide attempt. These themes generated its own sub theme which further give an in depth knowledge on the research topic and its psychological effects on the families couples and the victims.

5.1.1 What motivates parasuicide in young females in early marriages in Harare?

The research came with different motives which drive for suicide attempt. Some of the motives emanated from improper use of money by the husband and his failure to recognize that he is now the head of family with responsibilities thus result in financial crisis. In South Africa some commit suicide as perceived benefits so that the government can financially support her child take care (Colman 2004). In this case that the same in Zimbabwe society financial challenges are cause for suicide attempt as the country face socio-economic challenges. The study also revealed that some young married women felt that they are being ignored by their lovers, since they used to be spoiled and get everything they want before they were married, but now they are married the responsibilities for their husband has increased because the husband had to take care other members of his family (siblings & parents). The research also revealed that other respondents wanted their husbands to feel guilt

as they can't financially assist their wives taking the advantage that some of them go to work. Other respondents are merely seeking attention of their husbands who tend to ignore them especially when the husband works in other town. These findings shares same view with previous studies done by Obida & Gavender (2013) as they noted that in Swiss about 33% of the participants who attempt suicide were motivated by the feel love that was unattended.

The research discovered that the young married females got angry because of the behavior of their husband which includes too much consumption of drugs. Some of the young mothers were angry after being deceived and got married yet their husbands had other wives and kids. This was supported by Platt et al (1999) in study they carried out in Slovenia which showed that the age group with high suicide risk due to angerness is between 15 and 24. Bille (1999) noted also noted that 45% of young married women in Denmark expressed anger through self harm. Others expressed the same concern as a reason for attempting suicide as they were treated as secret lovers by their husbands until they got pregnant that is when they realized that their husbands are fathers of other family.

The study revealed that some of the causes of suicide attempt were to get rid of painful situation after realizing that they are HIV positive infected by their husbands. This is the same as the reasons for suicide attempt in Limpopo Province as noted by Govender (2001) that suicide attempts are as result of childhood sexual abuse at a tender age which result in HIV/AIDS infection and S.T.I but in this case it is because of failure of these young mothers to disclose their status to their partners. On the other hand the research also revealed that being neglected by parents, relatives and siblings motivates for parasuicide attempt as respondents pointed out loneliness in life as they had no one to share with their life problems. Phillips et al (2002) stated the same problem as a motivator of suicide attempt as victims normally isolate themselves due to the fact that they failed to interact with others in the society or community

5.1.2 What are the psychosocial challenges associated with parasuicidal tendencies in early marriages?

The research revealed a number of psycho social forces which result in suicide attempt. One of the challenge is the charging of damages on lobola as per the Shona culture result in family conflicts and young married females become subject to abuse by the husband and the in-laws. Shobha (1999) expressed the same view as the researcher noted that in Sub Sahara

Africa if these young girls ran back home they are beaten by their parents and sent back to their husbands until their husband paid lobola. The study also realized that the parents of these young females don't accept and recognize the husband of their daughter and her in-laws until they paid lobola which cause stress within families of these young couples. The previous studies are not very clear on the impact of lobola, its cause of abuse to young married females and how it contribute to suicide attempt, but rather stated that societal norms, behaviors and values played a critical role in determining the reasons for self harm (Bruce & Judith 2000). These are some of the forces and causes of suicide attempt since these young mothers will be in between, no one will be in support of them. Therefore end up facing marriage life problems alone which triggers suicide ideations.

The study also came to noted that these young females suffer verbal abuse because of religious beliefs as some goes to church and some still belief in traditional healing. This has been supported by (Munikwa 2010) as he stated that the recent societies are being divided by religious beliefs rather than uniting in one common beliefs. Therefore suicide attempt in young mothers are accelerated by these diversifications of religious beliefs which cause family inter-conflicts. The research finds out that some parents initiated the marriages of their son after appreciating their behaviors and exclude the fact that these young girls still need to be educated before taking family responsibilities. The study also realizes that young mothers are subject to miscarriages and reproductive system ill health. This has been supported by Mutopa & Maphosa (2003) who stated that barrenness is one of the cause for stress and one of the factors which lead to parasuicide tendencies among young women in Sub Sahara Africa due to reproductive system malfunction and miscarriages.

The research discovered that young females are accused of being possessed by the evil spirits. Some are said to be given as compensation by their by parents for the people they killed and end up being called *mukadzi wengozi*. The study also revealed that churches and prophets are contributing to young females suicide as they said these young females inherit their aunt's works of witchcraft causing conflicts with husband. They said to have been given goblins as their spiritual husbands and they should not be married. The study stated that some develop auditory hallucination and even sees a man in dream instructing her to drink poison or else he can kill her child and her husband. The previous studies referred these hallucinations result of mental illness as Ndozi & Waziri (1997) noted that 80% of the

parasuicide cases recorded at Muhimbili Hospital in Dar es Slaam were aggravated by neuropsychiatric illness and family mental illnesses.

The study find out that cell phones also contribute in disclosing unfaithful partners. Some messages on social media like whatsapp and facebook are a cause for conflicts between partners. This promotes domestic violence as stated by International Centre Research Women in 2007 found that in India girls who are married under the age of 18 are at high vulnerability to domestic violence precipitated by infidelity. The study also realized that some men can easily be carried away with house maid as sexual partners when their wives are out as cross border traders and end up get married to a house maid causing pain and depression resulting there by these young mothers opt for taking their lives by committing suicide.

5.1.3 What are the psychological effects of suicide attempt on young married female?

The study realizes that suicide attempt can result in family division and the victim become subject to neglect and stigmatization. The study noted some husband of survivors avoids interfering with the victims, sharing of ideas and willingness to resolve their in house problems. They rather take advantage of the situation and give it as a reason look for another wife. The research also revealed that suicide attempt can cause family disunity, no one of the relatives want to associate with victims as they said they had humiliated them. This has been supported by Martunen et al (1995) in Canterbury where they found out that within 30 months after serious suicide attempt 44% reported social interrelations problems with their spouse and family.

The research findings introduced new views as it realized that suicide attempts are also associated with divorce as the in-laws and the husband don't feel comfortable to stay with suicide attempters. In other scenario the these young females decided to divorce as they can't endure the problems they encountered. The study also revealed that young females felt that divorce is the best solution as they can find someone in life and get married again. The research also noted that after suicide attempt some in-laws can initiate for the two young couples to divorce. The in-laws cited the evils spirit as the cause for suicide attempt though at sometimes their husband wanted to reconcile with the respondent and settle their differences.

The research also revealed that the young females develop traumatic stress disorder and emotional shocks, disbelief and denial a cause for suicide attempt. This has been supported by the study done by (Allen et al 2005) as they noted victims of parasuicide may develop

prolonged traumatic stress disorder, poor psychosocial relationship on the other hand the victim can develop maladaptive behaviors. The study also realize that victims of suicide attempt loose trust in their husbands as they were deceived, thus result in loose self esteem , self blame and shameful. This has been supported by Krenhost et al (1992) who stated that suicidal behaviors are often a cause to expose stressful life events which include shame, humiliation defeat and threat.

5.1.4 What psycho-social support do parasuicide victims need as coping strategies to problems they encounter?

The research findings revealed that there is need for integrating the couples, families and relatives. This has been supported by Beautrais (2003) who found out that noted that family communication and sharing problems reduced suicidal ideations by 85%. There is need to treat others with humanity and dignity so as to promote justice, peace, fairness and openness to avoid conspiracy. The study noted that both families of the husband and wife must share ideas in resolving their social problems as young married couples. Coatsworth (2009) supported the idea as he noted that in Mumbuli village Tete province chiefs encourage family advisors and counsellors to resolve interfamily conflicts to avoid divulgence of information, privacy and disharmony.

The study also realize the need for family counseling so as to appreciate others point of views, tolerance among families religions and cultural so as to accommodate this young married females into their societies, must get advice and techniques to resolve social challenges encountered by young couples which are prone to suicide attempt. the research came to realize that these young women are not given any chance to express their own feeling and the responsible autonomy to show case their talents and ideas. The family of married couple has to forgive each other and unite for one goal and need for solidarity. The study also realized that husband must stop substance abuse which results in careless sexual behaviour and a cause for financial challenges and HIV/AIDS infection. The study shows that when husbands are drunk they tend to physically and verbally abuse their wives causing emotion and physical pain.

The research revealed the need for cognitive approach to problem solving the victims of suicide attempt is the self acceptance and efficacy is number one solution to solve own problems. This can be followed by of need of others, to be surrounded by good friend and advisors so as to perceive solutions to the problem rather than problems only. The same

notion has been stated by Blum et al 2003, they found out that there is need to change temperament of an individual personality and attitude for adaptability and flexibility they take positive approach in taking family responsibility. They revealed that this was done in South Africa the Eastern Cape hospitals manage to reduce suicide cases by 10%. This has been also supported by the Theory of Planned Behaviour by Ajzein (1991) where the individual need to apply perceived behaviour control to determine the outcomes of given behaviour on whether an individual should engage in the behaviour. There is need for guardianship to change attitude, norms and beliefs which result in suicidal ideation. This is because the theory of reasoned action subscribe to the assumptions that there is an interrelation of normative beliefs to behavioural intention and behaviour via attitude and subjective norm. (Fishbein & Middlestad 1989).

5.2 Conclusion

The aim of the research was to document motivators of suicide attempt among young married women. The research was done under limitations in which some of the respondents were not willing to give enough information about things they regard as confidential. On the same note one has to take into consideration that the research findings are based on young mothers of with few years in marriage and some of them are still on their adolescent stage. The research findings point out financial crisis as cause of suicide attempt because the husband of the respondent can spent all his of salaries abusing drugs yet the family had no food and other basic needs, but the respondent did not the average amount of which her husband earn per month. This is a new motivator of suicide attempt as this was not fairly explored in the previous studies. Expressing anger is another motive of parasuicide tendencies when husband take too much drugs forgetting to take responsibilities as a family leader. This was also revealed by previous researches as also a cause for self harm and one has to consider the individual's personality since some people with personality disorders are at high risk of expressing anger through self harm.

The research also revealed that young married women are motivated to attempt suicide as they wanted to get rid of the painful situations which they encounter. There are no other researches in researcher's knowledge which revealed the same view as a motivator of suicide attempt or self harm and one has to take note that this has effect accordingly with situations which include both physical and verbal abuse. Some respondents pointed out that they were

infected with HIV/AIDS by their husband because they didn't disclose their status before they got married. This confirms the findings of previous researches which revealed the same sentiment but in the opposite way as women are the ones who were infected with HIV/AIDS through sexual abuse and rape and they fear to disclose their status before marriage. Young married women also need attention so that they always feel that they are in control and possession of their husbands. This is a new cause of suicide attempt as revealed by the study and previous studies are clear on this view but rather stated cultural beliefs incompatibility. In consideration of these variables motivators of suicide attempt one has to consider normative beliefs and societal values as other society belief that husband are the ones to be given much attention by their wives.

The researcher was able to identify some key psychological challenges associated with parasuicidal tendencies in young married women. This includes family inter conflicts emanating from charges and payment of lobola. Young women become subject to be disowned by their parents after their husband failed to pay the amount charged on lobola as punishment for marrying their daughter whilst on school. This resulted in lack of social support, sense of belongingness and trusted close people to share with their challenges in marriage. This has been only revealed by this research since it has some cultural connotations. This is because issue of paying lobola and damages its Afro centric since in European cultures lobola is subject to violate an individual's marriage right. Some are prone to miscarriages due to reproductive system ill health which result in barrenness. This confirms the previous researches as consequences of early marriages among young girls in Sub Sahara Africa. Therefore suffer stigmatization and verbal abuse from in-laws which is a cause for stress triggering suicide attempts.

Some were accused by prophets for being possessed by the evil spirits and has inherited witchcrafting. This is a new psycho social cause of suicide revealed by this study since most African cultures believe witchcraft and a cause for mental illness. One must take into consideration that mental illness like Bipolar Affective Disorder can cause hallucinations which drives one to commit suicide. Hence the in-laws perceive it as demonic and concluded that it's because of families' evil spirits. Young women end up having problems with their husbands, their parents and in-laws and thus driving for suicide attempt. The introduction of social media like whatsapp and facebook promote and disclose infidelity especially in men thereby motivating suicide attempt in young women. This has been introduced by this study

as cause of conflict between couples due to technological advancement the social medias are contributing to suicide and suicide attempt in young as they discover some information which can be attribute to infidelity. Some of the information is being misinterpreted but on the hand some men are taking advantage of the social media to look for girlfriends.

The study also explores the psychological challenges encountered after attempting suicide. The researcher was able to have an overview of after effects of suicide attempts irregardless of the fact that the study was done at one hospital and excluded other possible areas and locations. The researcher was able to note that parasuicide victims are subject to neglection by husband, siblings, parents and the in-laws. This confirms the previous researches' findings on the isolation and stigmatization of the victims of parasuicide. This research further found out that some men take advantage of this and give it as a reason to look for another wives. On the other hand some relatives of victims no longer want to associate with the victims as they fear humiliation. The research also realize that victims of parasuicide lose hope, develop low self esteem, lost self confident, emotional disbeliefs, post event traumatic stress disorders and always in denial to be loved or to love someone neither appreciate marriage.

The research comes up with a number of ways through which parasuicide victims can be assisted to live a normal life. These include the victims themselves must accept themselves and become first state best solutions of their problems. In this case they ask themselves the best situations or scenario they will prefer in order for them to be satisfied that their problems have been solved. Then identify trusted individuals who can assist them to attain the stated best solutions to the problem that is the need for friends and integrating the couples, families, relatives, as well as treating others with humanity and dignity. This shared the same view as the other researches on societal values and integration because of its impact on behavior, attitude and attempting suicide, but on the same note study revealed the effectiveness of problem solving at a micro level through uniting families, embracing couple counselling and family therapies. The study noted the relevance of cognitive approach to problem solving. The victims of suicide attempt need to be surrounded environmental therapy, good friends or peers and advisors to perceive solution rather than problems. Hence confirming the previous studies' findings which stated that individuals have to evaluate and determine the consequences and outcomes before engaging in a given the behavior.

5.3 Recommendations

Parasuicide is an international crisis which needs holistic approach to solve the problem. There is need for more researches social and environmental forces of suicide attempt on individuals of all age groups as to solve this crisis. More funds should be mobilized on primary health care, advocacy and campaigns. Some in depth analysis should be done on the causes and motives of suicide attempts among individuals of all age groups.

The Community

The ministry of health in collaboration with Non-Government Organization must venture into anti- suicide campaign. The main target should be the adolescents whereby they should be know the consequences of early marriages. The community must stop stigmatizing and discriminate the victims of parasuicide but rather assist by finding out the root cause of suicide attempt. The primary health care on suicide attempts must cover all urban, rural as well as remote areas.

The Government

The government must come up with a blue print on Strategies for Suicide Prevention and Family Tolerance for Reconciliation. The blue print must have specific, measurable, attainable and realistic goals and objectives so as to reduce parasuicide tendencies.

The Hospital

The primary health care nurses and all stakeholders in public health delivery must be supportive to all campaign against suicide and suicide attempters. The health workers must fully investigate and come up with comprehensive reports on motives behind suicide attempts.

The Victim

The victim needs social support of the family, husband, relatives and parents. There is need psychologically supported through cognitive behavioural therapy (C.B.T) and motivational intervention to boost self confident and self esteem.

5.4 Chapter Summary

The chapter gives the discussion of the research findings and conclusion to the study. The chapter also gives recommendation to the research topic on the motivation of the suicide

attempt among young married women, their families, the entire community and the government. The research has generated its own findings though some of them are the same as those of earlier studies.

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APPENDIX A

INTERVIEW SCHEDULE

Introduction

This interview schedule is for **Tendai Haruperi** studying a **Bsc Psychology Honours Degree** at **Midlands State University**. The interview focuses on the **Motivations of Parasuicide Tendencies among Young Married Females in Harare**. It explores the social challenges encountered by young females in marriages which lead to suicide attempt. I'm requesting for your selfless valuable contribution in this research.

Section A

Instruction

This will take you about 30-45 minutes to complete and you are kindly required to be as much honest as possible in your responds. No names are required for this research and the information which you will be kept confident and used only for the purpose of this study.

Section B

Personal Details

1. Age

Below 16yrs	
16-18yrs	
19-20yrs	
21-22yrs	

2. Level of Education

Grade Seven	
Ordinary level	
Advanced level	
Diploma	

3. Number of Years in Marriage

	Years
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4. Occupation

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Section B

- 1) What motivated you to attempt suicide?

- 2) What are the marriage problems which you encounter which makes you opt for suicide?

- 3) What do you think the situation should be like if things are going well for you?

- 4) What are the psychosocial challenges you encountered after suicide attempt?

- 5) What do you think are the best coping strategies to use if somebody was to face the same predicament such as yours?

APPENDIX B:**AUDIT SHEET**

DATE	ACTIVITY	SUPERVISOR'S COMMENT	SUPERVISOR'S SIGNATURE	STUDENT'S SIGNATURE
18/04/15	PROPOSAL	Rework		
20/04/15	PROPOSAL	Proceed		
02/05/15	CHAPTER 1	Rework		
18/05/15	CHAPTER 1	Proceed		
05/06/15	CHAPTER 2	Rework		
25/06/15	CHAPTER 2	Proceed		
01/07/15	CHAPTER 3	Rework		
10/07/15	CHAPTER 3	Proceed		
18/07/15	RESEARCH INSTRUMENTS	Rework		
23/07/15	RESEARCH INSTRUMENTS	Proceed		
20/08/15	CHAPTER 4	Rework		
30/08/15	CHAPTER 4	Proceed		
15/09/15	CHAPTER 5	Rework		
20/09/15	CHAPTER 5	Proceed		
28/09/15	FIRST DRAFT	Proceed		
08/10 15	SECOND DRAFT	Proceed		
15/10/15	FINAL DRAFT	Submit		

APPENDIX C: MARKING GUIDE

MIDLANDS STATE UNIVERSITY

FACULTY OF SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

A GUIDE FOR WEIGHTING A DISSERTATION

Name of Student...TENDAI HARUPERI.....REG No... R121952Z.....

	ITEM	Possible Score	Actual Score	Comment
A	RESEARCH TOPIC AND ABSTRACT clear and concise	5		
B	PRELIMINARY PAGES: Tittle page, approval form, release form, dedication, acknowledgements, appendices, table of contents.	5		
C	AUDIT SHEET PROGRESSION Clearly shown on the audit sheet	5		
D	CHAPTER 1 Background, statement of problem, significance of the study, research questions, objectives, hypothesis, assumptions, purpose of the study, delimitations, limitations, definition of terms	10		
E	CHAPTER 2 Addresses major issues and concepts of the study. Findings from previous work, relevancy of the literature to the study, identifies knowledge gap, subtopics	15		
F	CHAPTER 3 Appropriateness of design, target population, population sample, research tools, data collection, procedure, presentation and analysis	15		
G	CHAPTER 4 Findings presented in a logical manner, tabular data properly summarized and not repeated in the text	15		
H	CHAPTER 5 Discussion (10) Must be a presentation of generalizations shown by results: how results and interpretations agree with existing and published literature, relates theory to practical, implications, conclusions (5) Ability to use findings to draw conclusions Recommendations (5)	20		
I	Overall presentation of dissertation	5		
J	References	5		
	TOTAL	100		